



BRISTOL CITY FOOTBALL CLUB

To whom it may concern,

RE: Freya Sherwood – Student-Athlete Reference

As Professional-Game Academy Manager at Bristol City Women FC, I have had the pleasure of working with Freya over the course of the 24/25 season. In just one year within our U21s programme, Freya has demonstrated incredible maturity, attitude and application towards her development as a footballer both on and off the field of play.

Freya is an athletic and powerful athlete, with a great curiosity and capacity for learning. She approaches challenging in-game situations with a mature and measured approach, asking important questions and remaining calm to apply the tactical information she is provided. Freya consistently displays an impressive work ethic and her development because of this, even in a short space of time, is testament to her ability to wholeheartedly apply herself to any task she is assigned.

Off pitch, Freya dedicates time to reviewing her performances via video analysis and enjoys engaging in feedback from the coaches. Freya is a quiet but integral member of our team - She allows her actions to demonstrate her focus and commitment to her own, and others, development. It is credit to Freya that she has continued to apply herself in such a way consistently throughout the year - despite not being afforded much playing time early in the season. Since Christmas, Freya has established herself as a regular member of the starting line-up and has performed dependably ever since. An early introduction as a substitute in a recent Senior County Cup Final was pivotal in the teams' success, with Freya offering great impact both in and out of possession.

Freya is well respected by both her peers and the staff here at Bristol City Women FC, and we have no hesitations in recommending her as an excellent addition to any athletic and/or academic programme.

Natalie Haigh
Academy Manager

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